



## ESSEX CROSS-COUNTRY LEAGUE

Writtle

Saturday 19 February

The final round of the Essex Cross Country League for the winter was held at Writtle on a difficult course which deteriorated further as heavy rain set in during the meeting and a strong cold wind added to the poor conditions.

First race of the day saw the U13 boys race 3k, with Ryder Islam continuing his fine Cross Country season racing well for 24th place in a time of 13:36.

Next up Ilford AC had 3 boys in the U15 competition racing over 4k was the U15 boys racing over 4k. Joseph Grange was always in sight of the leading pack and did well coming home in 5th place in a time of 14.18. Joseph was followed by Samuel Crane in 18th place for 16.06 and Aaron Hick in 29th in 16.51

Penultimate race of the day was the Senior ladies. Jordan Hinds had a superb run to finish 11th in 26m 08s for the 6.4km race, with good support from Amy-Louise Bird in 26th with 27m 51s. Carlie Qirem came home 39th in 29m 14s with Gaye Young just pipping Alison Sale for 56th as both recorded the same time of 31m 47s.

In this match Ilford were 2nd in division 2 but win the league for the season and are promoted back to division 1 next winter.

Hannah Sheikh came home 67th in 33m 22s with Sharon Honey 82nd with 35m 45s.

Completing the Ilford squad in action were Frieda Keane 86th 37.03, Julia Galea 93rd 38.20 and Launa Broadley 103rd in 44.21

Heavy rain had firmly set in for the final race of the day, the Senior men's race held over 8.5km.

The Ilford AC senior men's team were led home by Paulo Grange in 16th after a solid run in 30mins 37s secs, finishing 2nd in the M40 age group on the day. Next home was Malcolm Muir with his usual determined race in 31 mins 30secs for 21st place and 2nd in the M45 category, with Gary Coombes in 32m 27s for 29th spot. Young prospect Dylan Harrod who is in the U20 age group finished 49th with 33m 49s, while Seb Parris came home 57th in 34m 33s.

The team scorers were closed by Dan Holeyman in 70th with 35m 28s.

In the match Ilford placed 6th and occupied the same position in the final table for the season.

Terry Knightley was the second in the M60 grouping and 86th overall in 36m 37s and Richard Woolterton finished 90th on his club debut in a time of 36m 53s.

Steve Crane in 100th and Neil Crisp 102nd completed the Ilford squad.

Over the season the Ilford team picked up a few individual awards: Alison Sale was 2nd in the F55 group while Malcolm Muir and Gary Coombes were 2nd and 3rd in the M45 age category. Terry Knightley also took



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a runners up trophy in the M60 category.

Other Ilford runners who placed well in the individual rankings for the season were: Hannah Sheikh 6th F45, Frieda Keane 7th F55, Steve Crane 6th M40 and Dan Holeyman 5th M45.





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